

ABOUT THE AUTHORS

DR. CAROLYN ALDWIN received her degree from the Adult Development and Aging Program at the University of California, San Francisco, in 1982. She was an NIMH post-doctoral scholar at the University of California, Irvine, and then took a position as a research psychologist at the Normative Aging Study, Boston VA outpatient clinic. She is currently Professor of Human Development and Family Studies at the University of California at Davis. Currently on the Editorial Board for the *Journal of Gerontology* and *Journal of Psychological Sciences*, Dr. Aldwin has authored over 50 articles and one book, *Stress, Coping, and Development* (Guilford Press).

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DR. JOHN DUNCAN is Professor of Clinical Research at Texas Woman's University in Denton, Texas. He was chief of clinical applications at the Cooper Institute for Aerobics Research in Dallas, Texas, for over 15 years and is currently president of Wellmart, Incorporated. He has published over 30 papers focusing on the public health implications of exercise, with special emphasis on the role of exercise, diet, and life-style in the prevention and treatment of chronic diseases, particularly coronary disease. Dr. Duncan also has considerable experience in the evaluation and design of sports medicine programs for elite, Olympic, and professional athletes, including the Dallas Cowboys, Texas Rangers, and the 1994 U.S. World Cup Soccer team. He has contributed over 120 health-related stories to the national media, including the *New York Times*, the *Wall Street Journal*, CBS, CNN, and National Public Radio. He currently hosts "On Target: Your Health with Fitness Doctor John Duncan" on two radio affiliates in Dallas.

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DR. EDWARD A. FRANCO is a clinical psychologist in private practice. He received his Ph.D. from the University of Maine and has been engaged in full-time practice since 1977. Following his longstanding interest in the psychophysiological effects of stress, he has been actively involved in the areas of biofeedback, stress management, and cardiac rehabilitation. He also specializes in offering group interventions aimed at the prevention of cardiac disease with high risk individuals. Since 1987, Dr. Franco has owned and directed Franco Psychological Associates, a group practice of thirteen professionals providing a full range of psychotherapy services to children, adolescents, and adults.

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